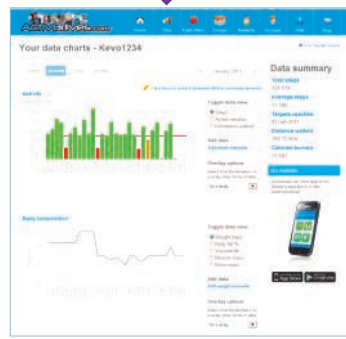
Peak Flow meter

Being active, eating well and staying healthy.

Buddy™ step counter

Being active

Bacterial biomarkers respiratory wellness (FUTURE)



Pulse oximeter

Peak Flow meter

Body Analyser

Eating well

Image-based food diary

FREE Smartphone apps
iPhone, Android,
Blackberry, Windows 8

Staying healthy

Introduction: Activ8rlives *Peak Flow meter*

The **Activ8rlives** *Peak Flow meter* is a simple electronic device which allows you to monitor your lung function — especially useful if you have asthma, Chronic Obstructive Pulmonary Disease (COPD) or Cystic Fibrosis and need to track your Peak Expiratory Flow (PEF) and Forced Expiratory Flow at 1 second (FEV_1).

It uploads information via your computer to your private personal account at **Activ8rlives** so that you can learn to manage your health and wellbeing and better support your family and friends with theirs. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our on-line communities. By working together in groups, we are more successful in achieving our health goals. **Activ8rlives** is designed to help you achieve this.

The **Activ8rlives** *Peak Flow meter* it helps you understand how your lung function can change throughout your week, during periods of ill health or as you change your weight and activity levels. It measures your total lung capacity (PEF) and also determines how restricted your airways are (FEV_1).

This device will, when used with the **Activ8rlives** website, help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your **Activ8rlives** *Peak Flow meter* — it will take just 5 minutes if you follow this guide through.

Being active, eating well and staying healthy is about making small changes to our lives.

Our goal is to provide YOU with the tools (and teach you how to use them) so that you can keep you and your family healthy and well. Self management through self monitoring is the motivation driving what we do.

DIGITAL

WARNING: The Activ8rlives *Peak Flow meter* is washable but is **NOT waterproof.** Do not take it swimming or leave it in the pockets of your clothing when you wash them. The device is sealed and has no user-serviceable parts.

The Basestation and cable are **NOT WATERPROOF** and should **NOT** be immersed in water.

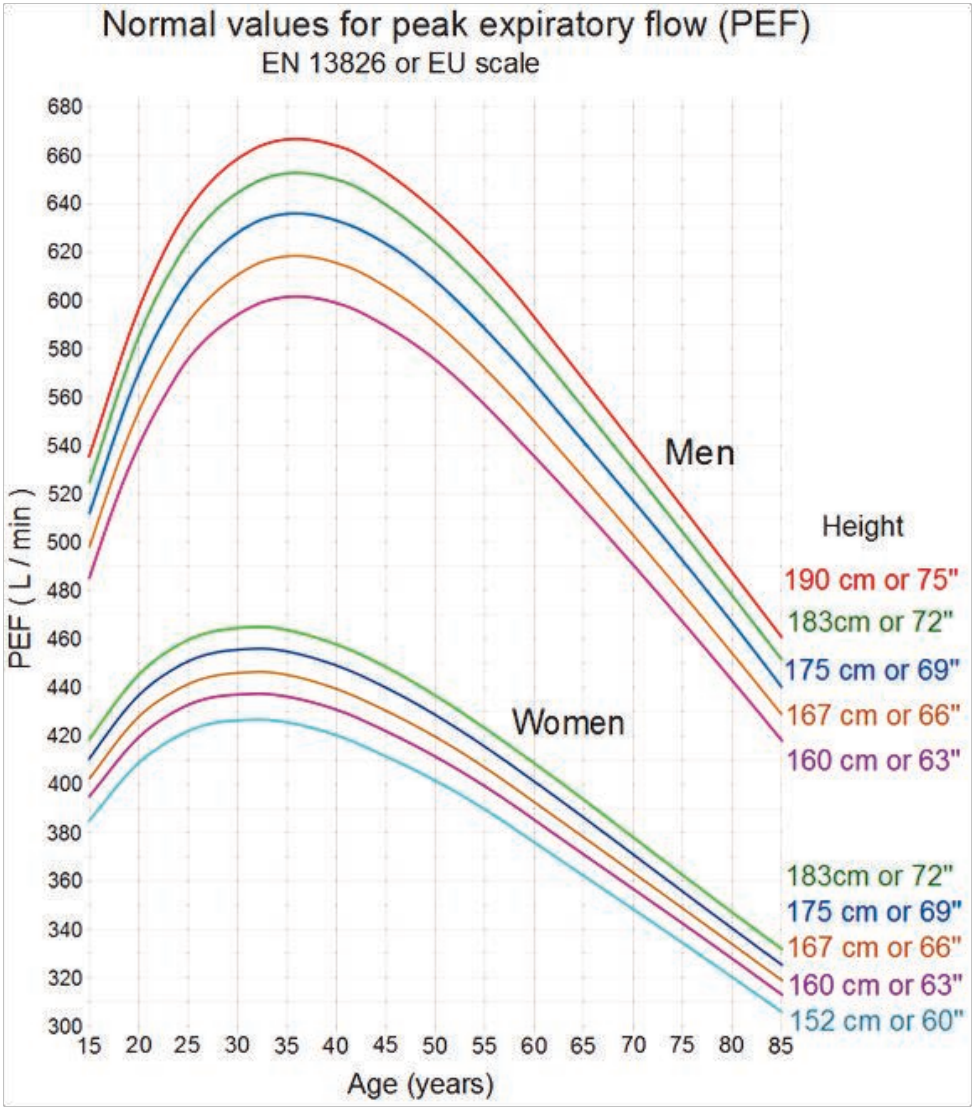
Health and Safety Notices: Yes, the boring bits, but please read this first to make sure that you do not do anything to injure yourself or other people with this device.

- **PLEASE seek medical advice before undertaking strenuous exercise or weight loss programmes. Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.**
- Wash the *Peak Flow meter* (not the Basestation or USB cable) in warm (not hot) mild detergent solution for 2-3 minutes. Rinse with clean water. Do not insert brushes, this may damage the device.
- After cleaning, shake/tap the device to remove excess water and leave to dry for one (1) hour before use.
- Do not allow your *Peak Flow meter* to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Don't expose your *Peak Flow meter* to direct sunlight for long periods of time. Harsh physical treatment may stop your *Peak Flow meter* working properly or at all.
- Don't attempt to open the *Peak Flow meter* or its Basestation and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. It contains a sealed, non-rechargeable battery and there are no user serviceable parts.
- The battery will last for approximately 2 years of normal use. Once discharged, the device will require replacement.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the *Peak Flow meter* are not meant to substitute for professional measurement or medical precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Contact us via **www.activ8rlives.com** if your *Peak Flow meter* does not work properly.

The Display, Button, Basestation and USB cable.

Your **Activ8rlives** *Peak Flow meter* has four parts: the **DISPLAY**, the **BUTTON** and the **BASESTATION** with its **USB** cable which is used to connect to your personal computer.

It is also supplied with a carry case and this instruction manual.



IF IN DOUBT, CONTACT YOUR DOCTOR FOR ADVICE.

Peak Expiratory Flow (PEF)

Definition: peak expiratory flow (**PEF**), also called **peak expiratory flow rate** (**PEFR**) is a person's maximum speed of expiration, as measured with a ***Peak Flow meter*** like the unit available from **Activ8rlives**. This is a small, hand-held device used to monitor a person's ability to breathe out air.

It measures the airflow through the bronchi of the lungs and can be used to estimate the degree of obstruction in the airways.

Peak flow readings are higher when we are well, and lower when the airways are constricted. From changes in recorded values, we may determine lung functionality, severity of asthma symptoms and treatment of how well our treatment is working.

Measurement of PEF requires some practise to correctly use a meter and the normal expected value depends on a patient's gender, age and height. It is classically reduced in obstructive lung disorders such as asthma, COPD or Cystic Fibrosis.

Due to the wide range of 'normal' values and high degree of variability, peak flow is not the recommended test to identify respiratory disease. However, it can be useful in some circumstances to monitor the severity of it or efficacy of treatment.

It is important to use the same peak flow meter every time to ensure consistency of the readings.

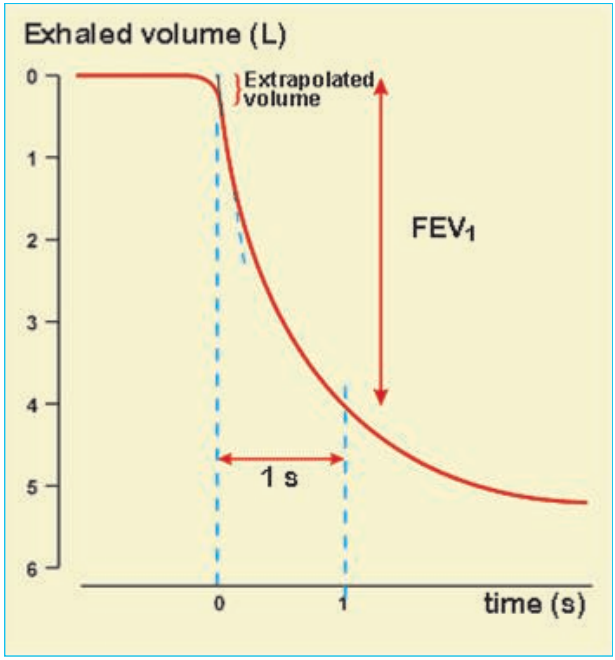
The Normal value (Target value) for PEF varies according to gender, age and height. The chart can be used to read-off your Normal value. Enter this value in your "Target PEF." data field in your **Activ8rlives** account (see later sections).

Peak flow readings are often classified into 3 zones of measurement according to the American Lung Association; **Green**, **Yellow**, and **Red**.

Doctors and health practitioners develop management plans based on the green-yellow-red zones.

Green Zone:	80 to 100 percent of the usual or normal peak flow readings indicating that your lungs are clear. A peak flow reading in the green zone indicates that the lung function management is under good control.
Yellow Zone:	50 to 79 percent of the usual or normal peak flow readings indicates caution. It may mean respiratory airways are narrowing and additional medication may be required.
Red Zone:	Less than 50 percent of the usual or normal peak flow readings. Indicates a medical emergency. Severe airway narrowing may be occurring and immediate action needs to be taken. This would usually involve contacting a doctor or hospital.

IF IN DOUBT, CONTACT YOUR DOCTOR FOR ADVICE.



IF IN DOUBT, CONTACT YOUR DOCTOR FOR ADVICE.

Predicted Forced Expiratory Volume in 1 second (FEV_1)

Definition: FEV_1 is the maximal amount of air you can forcefully exhale in one second.

It is then converted to a percentage of normal. For example, your FEV1 may be 80% of predicted based on your height, weight, and race.

FEV_1 is a marker for the degree of obstruction in your lungs:

FEV1 greater 80% of predicted= normal

FEV1 60% to 79% of predicted = Mild obstruction

FEV1 40% to 59% of predicted = Moderate obstruction

FEV1 less than 40% of predicted = Severe obstruction

You can calculate your **PREDICTED** FEV_1 using a powerful on-line tool provided by **Dynamic MT**

http://www.dynamicmt.com/dataform3.html

Many clinicians use the predicted values defined by NHAINES III.

Or you can ask your doctor to give you your predicted value.

Remember that you have to enter the value in units of Litres in 1 second.

The number will be in the range of: 1 – 6.

IF IN DOUBT, CONTACT YOUR DOCTOR FOR ADVICE.

But before we start…..

Getting your computer up-to-date.

The **Activ8rlives** *Peak Flow meter* uploads and downloads data to and from your **Activ8rlives** personal account which we will create in the following sections. It uses a small piece of software called the Service Link which we need to download onto your Windows or Apple PC.

The Service Link is designed to run on Windows XP, Vista, 7 and 8 and Apple's Leopard, Snow Leopard and Lion versions.

It is strongly recommended that before you install the **Activ8rlives** Service Link that you bring your computer's operating system **fully up-to-date** with the latest version of its operating system. You will need an internet connection throughout.

PCs running Microsoft's Windows: If you have not already done so, go to the **START** menu and navigate to **Windows UPDATE**. From there, and depending on the version of the Windows operating system, you can install all of the updates required to make your system current.

This is good practice for all Windows PCs users and will make the installation and operation of the Service Link a great deal easier for you if a little time is spent doing this before proceeding.

A special note for Windows XP users. We all loved XP—it was stable and simple—but it has now been left behind by the developers at Microsoft and you may need to upgrade your operating system:

- If you are running XP, it must be updated to at least **Service Pack 2**. This free upgrade can be found on the Microsoft support pages. With Windows XP, go to your Start Button (bottom left) and to WINDOWS UPDATE to automatically update your system.

Setting-up the *Peak Flow meter* using your Activ8rlives account.

The *Peak Flow meter* uploads and downloads information directly from your **Activ8rlives** account every time you connect it to your PC with the **Activ8rlives** Service Link open on your computer. This is fast and really easy.

Creating an Activ8rlives account

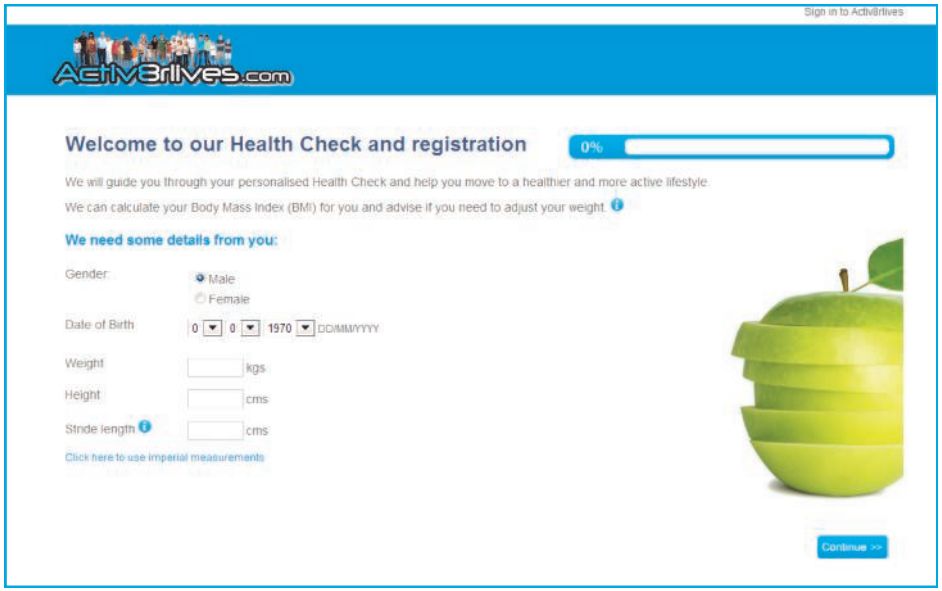
You can use the great on-line facility we have created to help you work in groups, to increase your motivation and to help you achieve your goals.

Joining is FREE FOR LIFE. There are no fees, or upgrades to pay for. You will not be asked to enter your credit card details or have a free trial etc. It is FREE!

To create your FREE **Activ8rlives** account, go to our website: **www.activ8rlives.com** and select the **REGISTER** link which appears on every page. If you already have an account, select the **LOGIN** account.

When you choose the **REGISTER** link, you will be presented with a series of screens which walks you through the registration process and will also give you valuable information about your health status.

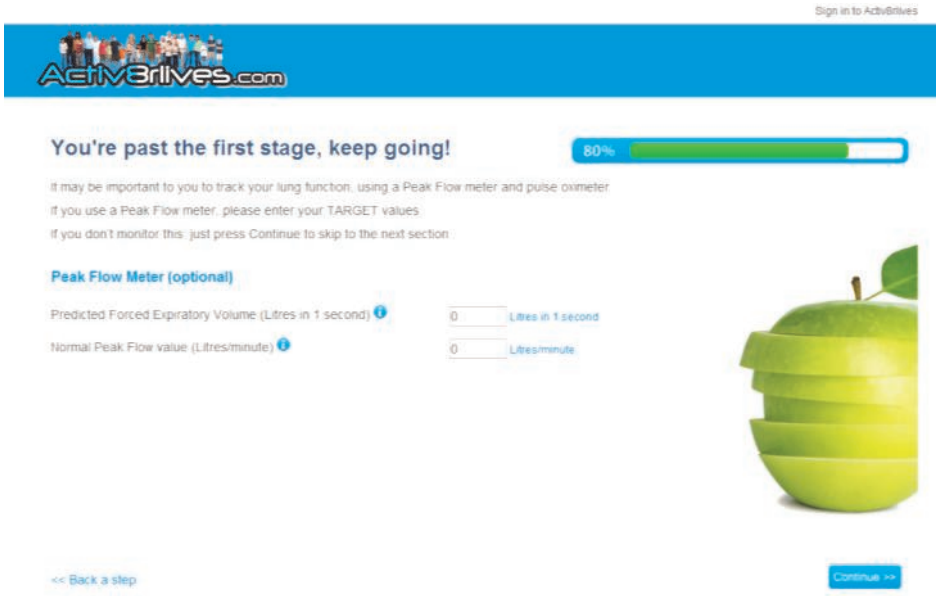
Personal Details


Sign in to Activ8rlives
Welcome to our Health Check and registration
0%
We will guide you through your personalised Health Check and help you move to a healthier and more active lifestyle
We can calculate your Body Mass Index (BMI) for you and advise if you need to adjust your weight
We need some details from you:
Gender:
Male
Female
Date of Birth
0 0 1970 DD/MM/YYYY
Weight
kgs
Height
cms
Stride length
cms
Click here to use imperial measurements
Continue >>

Some basic details are needed for the calculations used for your Body Mass Index, the calories you use and the distances you walk.

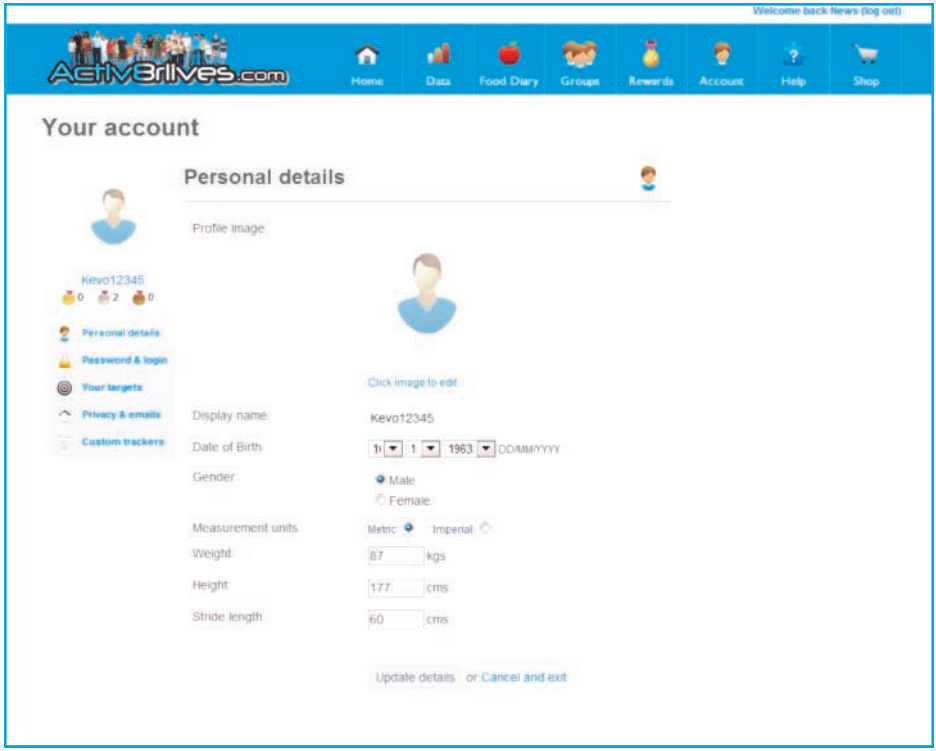
You can create your own target values for steps and weight too. **Activ8rlives** will help you to understand whether your activity levels and weight are in the "healthy" zones. Simply follow along as the software guides you.

As you will also be tracking your lung function, there is a screen in which you can enter these details.


Sign in to ActivBrilves
You're past the first stage, keep going!
80%
It may be important to you to track your lung function, using a Peak Flow meter and pulse oximeter
If you use a Peak Flow meter, please enter your TARGET values
If you don't monitor this, just press Continue to skip to the next section
Peak Flow Meter (optional)
Predicted Forced Expiratory Volume (Litres in 1 second)
0
Litres in 1 second
Normal Peak Flow value (Litres/minute)
0
Litres/minute
<< Back a step
Continue >>

Enter your Target PEF (see pages 8-9) and your Target FEV_1 (pages 10-11).

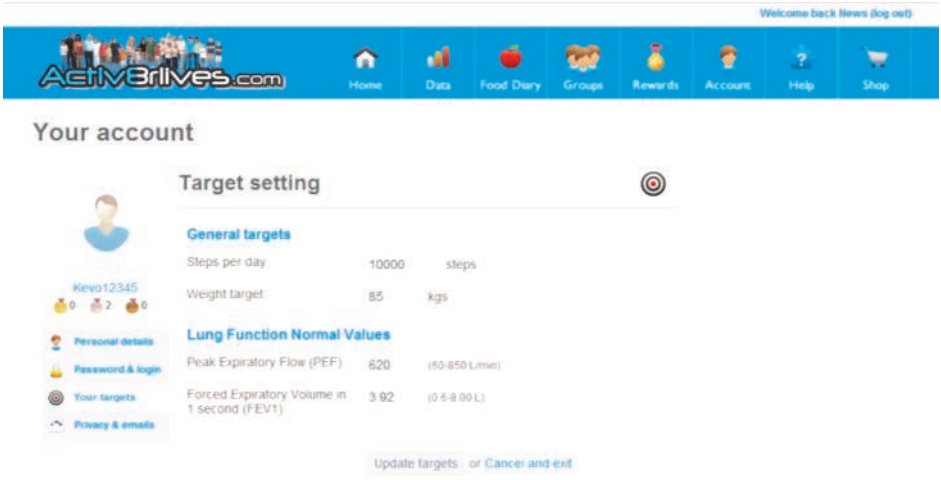
These will be used to calculate your current lung function. These numbers will also be sent to your Peak Flow meter so that you can see on the device whether you are in the Green, Amber or Red zones for Peak Flow.



ACCOUNT

Once you have worked through the registration process on the website, you can review and edit your details and parameters used to programme the *Peak Flow meter* in your web-based **Activ8rlives** ACCOUNT section.

You can also upload an image to represent you so that your friends know who you are when you post messages.



Your targets
You can change your targets for steps, weight and lung function in the YOUR TARGETs tab.

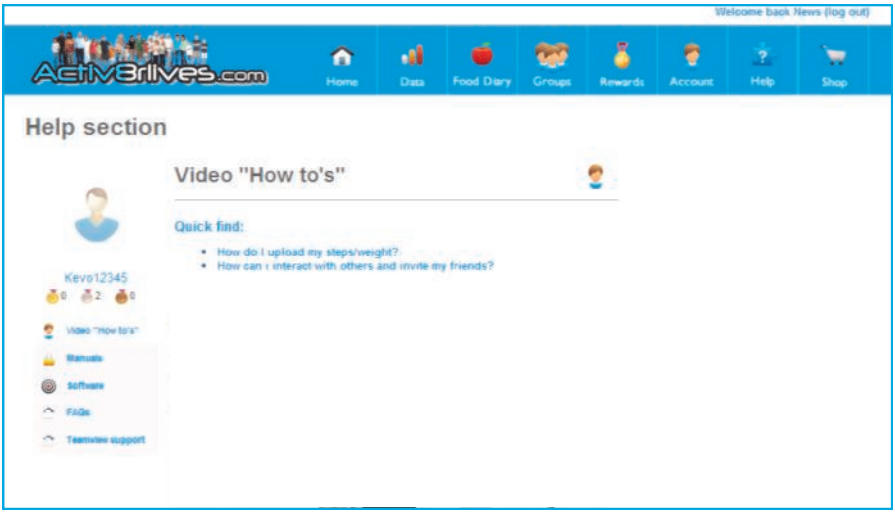
Downloading and installing the Service Link

The Service Link is a small software programme which we use to upload and download information to and from devices. You must install this software on your PC to upload and download your devices.

After you have logged into your **Activ8rlives** account, go to the **HELP** link at the top of each page.

There you will find a page with the latest version of our Instruction booklets, the latest versions of the Service Link software and details about where to contact us for support and help.

If you find the installation process difficult, do call us during office hours (9am—6pm) on UK +44(0)1480 352 821 and we can help you over the telephone and by logging into your computer using TeamViewer.

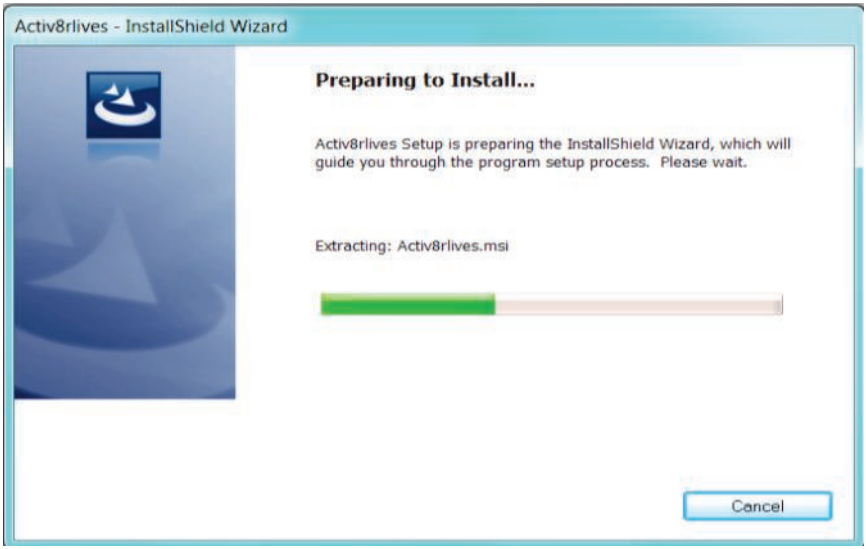


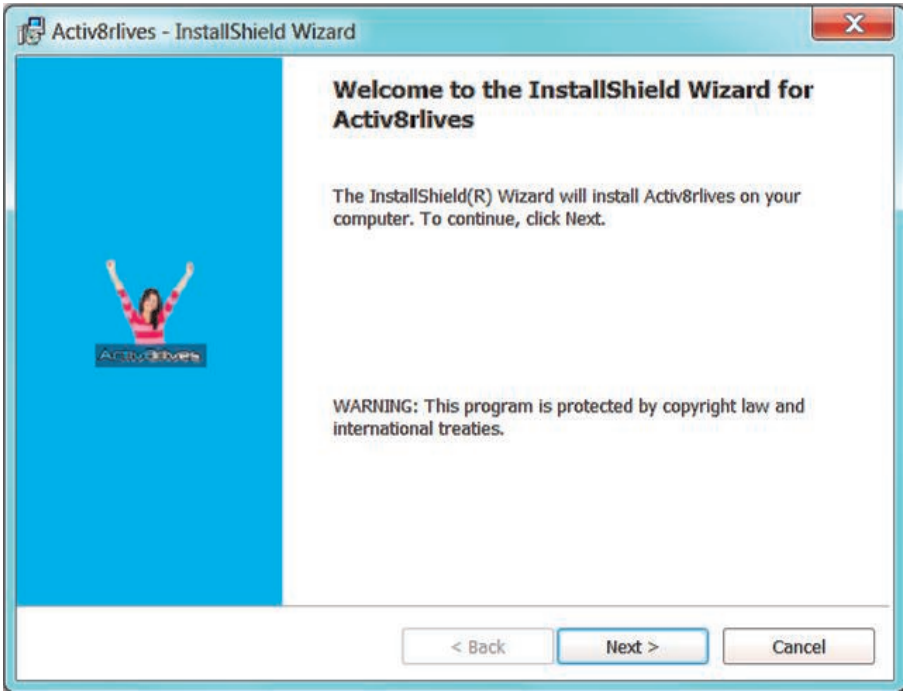
To install the Service Link Software, click on the Service Link for your computer (Windows or Apple). This will initiate the installation process. Depending on the anti virus protection software you have, our software may trigger various messages and warning about installing software.

Please go ahead and install the software—it has no viruses and there is no malware embedded within it.

Once the installation process has been started, the software will automatically install all of the services you need to run it and to download data from any of our devices: the *Buddy*, *Pulse oximeter, Peak flow meter* as well as the *Body Anal*yser. Just work through the installation Wizard and the software will do everything for you.

It make take a few minutes. Please be patient - allow the auto installation process to work. At times it may seem as if nothing is happening. But watch for the processor light on your computer to see that the software is busy being installed.


Activ8rlives - InstallShield Wizard
Preparing to Install...
Activ8rlives Setup is preparing the InstallShield Wizard, which will guide you through the program setup process. Please wait.
Extracting: Activ8rlives.msi
Cancel


Activ8rlives - InstallShield Wizard
Welcome to the InstallShield Wizard for Activ8rlives
The InstallShield(R) Wizard will install Activ8rlives on your computer. To continue, click Next.
WARNING: This program is protected by copyright law and international treaties.
< Back
Next >
Cancel

ONCE COMPLETED, REBOOT YOUR WINDOWS or APPLE PC FOR THESE CHANGES TO TAKE EFFECT.

Downloading the Service Link

For Windows Vista

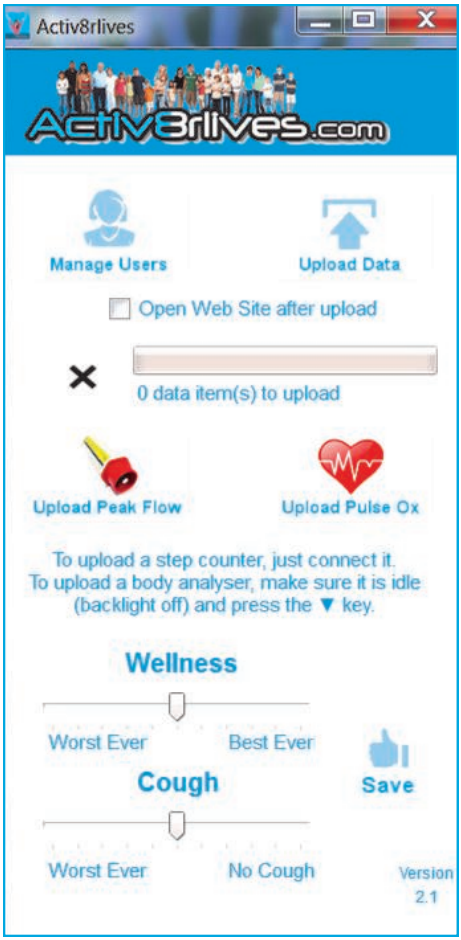
Windows Vista has its own set of oddities which were removed when Microsoft brought out its successors, Windows 7 and Windows 8. If you are still using Vista, there are some changes which may have to be made to enable you to edit users.

1. First, go to the Start Menu and select Control Panel.
2. Next, chose to see the options in the "Classic View."
3. Open the page called Users.
4. There is an option which is generally checked (selected) called "Turn User Account Control on or off."
5. This takes you to another window, where you simply untick the checkbox to disable UAC.

Using the Service Link

You will now have a desktop icon for your **Activ8rlives** Service Link application.

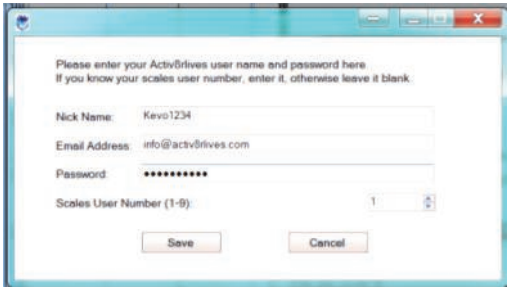
Open the Service Link software:



Using the Service Link

Click on the “Manage Users” link:

Then click “Add” to add the first user.



1. Enter your nick name.
2. Enter the email address and password you used to create your **Activ8rlives** account.
3. Choose the User Number (P1, P2, P3 etc) you selected on your data *Body Analyser* if you have one. It is a good idea to make each new user the next number in the series—this makes it easier if you set-up your *Body Analyser* at a later date.
4. The Service Link will automatically retrieve your User ID for you. **Easy!**

To take a measurement

1. Press button once.

2. Wait for the two bleebs and the **Go** message to appear before making your measurement.

Blow as **FAST** and as **HARD** as you can.

3. Keeping your hand clear of the rear of the *Peak Flow meter*, blow into the device as hard and as fast as you can to make your PEF and FEV_1 measurement.

4. Press and release the button again to take another measurement, but wait for the **Go** message and the bleebs each time.

5. Repeat this process if you can. The device will store your best values.

6. To switch OFF, press and hold the button for three (3) seconds. The *Peak Flow meter* will switch off automatically if you forget to do this.

Abnormal readings and error messages

If you experience an abnormal reading, start again. If the abnormal reading persists, seek the advice of your doctor.

You may get an error message especially after washing your *Peak Flow meter*, due to trapped water. Tap dry or leave for a further 30 minutes until dry. If "Err" still appears, contact **Activ8rlives**.

Reading your values

The display will alternate between your FEV_1

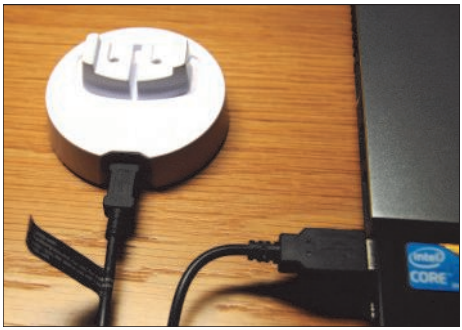
And your PEF

An arrow will appear next to the GREEN (80-100%), YELLOW (50-79%) or RED (less than 50%) indicator showing you whether you are close to your predicted (target) values.

What will be displayed will be your best values.

Uploading data from your Activ8rlives *Peak Flow meter* and auto set-up of device.

Your *Peak Flow meter* will record 240 values for both PEF and FEV_1, but we recommend uploading your data at regular intervals throughout the week to prevent loss of data due to damage of your *Peak Flow meter* or in case you lose it.



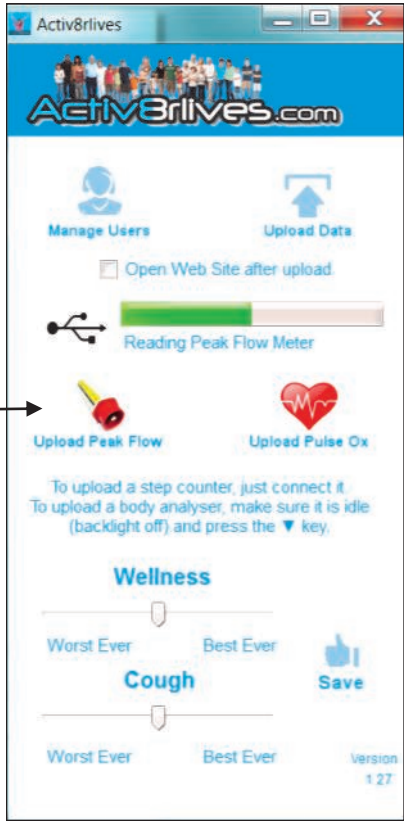
1. With the Service Link open on your computer's desktop, connect the Basestation of your *Peak Flow meter* to your PC with the black USB cable supplied. Your computer may display a message indicating that it is looking for drivers which it will automatically install.

   Be patient if your computer is old and a bit slow. On older PCs, this may require a second attempt.

   Once the drivers have been installed, the Service Link software will programme your *Peak Flow meter* with your predicted PEF and FEV_1.

   This all takes place in seconds.

2. Make sure that your Peak Flow meter is switched off. It will NOT connect if the unit's display is still on.



3. Gently but positively hold the *Peak Flow meter* onto the Basestation and then click the UPLOAD PEAK FLOW button in the Service Link.

When a successful connection has been made, the device begins a series of clicks, indicating that communications is taking place.

If only one click happens and then stops, try using a different USB port or re-starting your PC.

A quick guide to your Activ8rlives website

Home screen

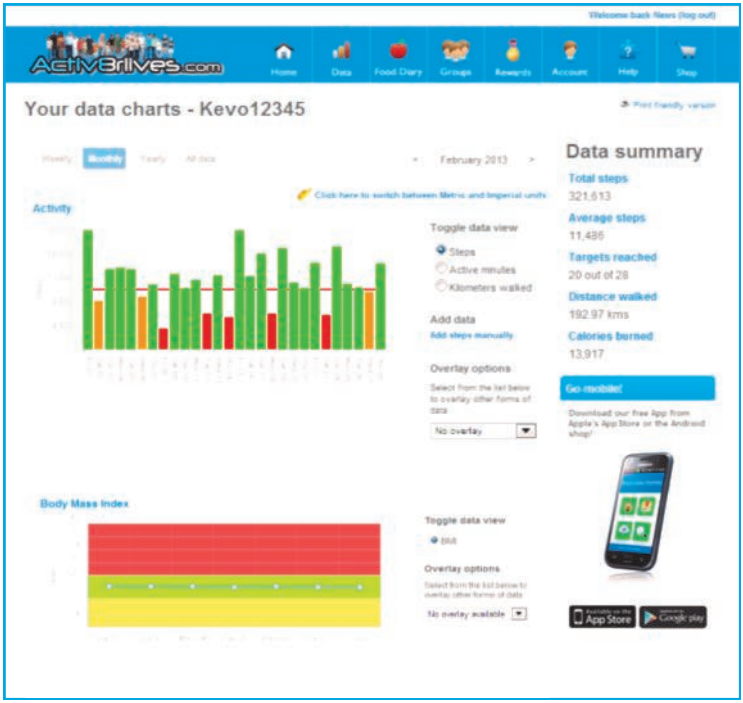
HOME is where you will arrive each time that you login. It is your personalised data page in which you can see your news feed and **Key Performance Indicators** (trackers). In this instruction booklet, we won't explain everything—half the fun is learning what the site can do for you, but we will cover the basic set-up to get you started. The site has 7 major sections:

1. **HOME**—where you can see at a glance what is going on.
2. **DATA** —this is information about your activity and health (KPIs) which only you can see. Its where you set-up your personal details and add/remove devices.
3. **FOOD DIARY**— powerful tool to track your food and drink intake, to help you manage your weight. Works with our FREE Smartphone apps.
4. **GROUPS** — this is where you can find, join and create groups and chat to your friends.
5. **REWARDS** —where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
6. **ACCOUNT**—how to change your details, passwords, targets and a place to create custom trackers.
7. **HELP**—video instructions, Service Link and software downloads.

Data

DATA is the page in which you can see your Key Performance Indicators (trackers —all the information about your activity, weight or body composition, BMI, lung and cardiovascular data).

At the top of the page, you can view either the steps you have taken, the minutes of exercise you have logged and the distance you have travelled. Further down the page are the data from the *Body Analyser, Peak Flow meter* and *Pulse oximeter* which ONLY appears once you have uploaded your data from these devices.



Lung function – Peak Expiratory Flow (PEF) & Forced Expiratory Volume in 1 second (FEV1)
Toggle data view
PEF (L/min)
FEV1 (L)
Overlay options
Select from the list below to overlay other forms of data
Muscle mass
Lung function – Peak Expiratory Flow (PEF) & Forced Expiratory Volume in 1 second (FEV1)
Toggle data view
PEF (L/min)
FEV1 (L)
Overlay options
Select from the list below to overlay other forms of data
No overlay
Wellness
Toggle data view
General wellness
Cough
Add data
Add wellness
Add cough
Overlay options
Select from the list below to overlay other forms of data

Data from a subject who was recovering from a chest infection. Note how the PEF values change as the subject gradually recovers (wellness score). The overlay trace shows Muscle % data from the *Body Analyser*.

Specifications

Type	Description
Dimension (L x W X H)	114mm x 44mm x 29mm
Weight	54g (including battery)
Conformity	ATS94 BS EN 13826
Accuracy	FEV_1 ±3.5% PEF ±6% (@25°C 1013 mbar 50%RH)
Measurement range	FEV_1: 0.6—8.0 Litres PEF: 60L/min—850L/min
Resolution	FEV_1 0.05 Litres PEF 5 L/min
BTPS	Values shown on this device are BTPS values
Resistance to flow	< 2.5 cm H_2O/L/S @ 14 L/sec Max 0.25 kPa/L/S @14 L/sec
Zoning	Green: 80-100% Amber: 50-79% Red: Below 50%
Memory	240 values for each of FEV_1 and PEF
Operating range	+15°C to 35°C (recommended).
Storage	-10°C to 50°C 15 to 95% RH
Manufacturing standard	ISO 9001, EN 13485
Power	1 x CR2032 3V battery (non replaceable)

Warranty

Activ8rlives (Aseptika Ltd) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage to the Basestation or cable. Claimed products will be replaced when returned together with the original proof-of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact us—details are on the back of this instruction

EU-Declaration of conformity

CE **Activ8rlives** declares that the **Activ8rlives** *Peak Flow meter* is in compliance with EMC directive 2004/108/EC.

This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please use the retailer's return and collection systems or contact the retailer you purchased this product from, who will advise on correct disposal.

BUDDY Step Counter

The **Activ8rlives** *Buddy step counter* will become your new best friend in helping you get healthy and stay well. This electronic step counter measures your activity and counts your steps throughout the day and the time you spend being active.

With its integrated USB connector, the *Buddy step counter* uploads your stored data directly into your **Activ8rlives** on-line account.

Your account is subscription-free for life. No monthly or annual fees to pay - ever!

But the **Activ8rlives** *Buddy step counter* does more than just count and store up to 7 days of your activity data. Also included is the ability to calculate the distance you have walked and the calories you have used.

The 3-axis accelerometer at the heart of the *Buddy* accurately detects your steps and even records your activity when cycling. The settings buttons are recessed on the *Buddy's* rear face to prevent accidental resetting.

The *Buddy step counter* is a tough, robust little device with a set-and-forget operation.

- *Buddy step counter* counts steps using 3-axis accelerometer technology.

The *Buddy* uploads your step data directly to your **Activ8rlives** account via your Windows and Apple PC.

- Integrated USB connector - no cable required to connect the *Buddy* to your PC
- The *Buddy* works out the distance you have walked.
- Measures the time for which you are active during the day.
- The *Buddy step counter* is part of an integrated suite of products to help you monitor your fitness and weight loss campaign.
- Work in groups with friends and family using **Activ8rlives**.
- Add weight and body composition information using the Activ8rlives Body Analyser.
- The *Buddy step counter* Includes lanyard and coloured protector sleeve.
- Now with free Smartphone app to track activity, weight and food diary.

Accessories

The **Activ8rlives** *Buddy step counters* have a number of accessories to help make your monitor fun and easier to use. A full list can be found on our website: **www.activ8rlives.com**

Neck Strap

Lanyards and protector sleeve

The most popular accessories are lanyards—straps—to wear around the neck or secure to your belt. These are available in 5 colours and can be provided with your own organization's name printed on them (subject to minimum orders etc). The use of the mobile phone connector means that you can attach it to lanyards from other sources.

The neck lanyard accessory available from our website. Features a break-away clip for safety. Available in: silver, blue, pink, black and red.

Arm Strap

Arm / ankle strap

These make the **Activ8rlives** *Buddy* step counters very comfortable to wear. Made of neoprene, they are so light that you forget you are wearing them. The materials are splash proof to keep your monitor from being damaged.

Arm / ankle strap accessory for the **Activ8rlives** *Buddy* step counter. Soft, comfortable and provides protection for your monitor. Available in silver, blue, pink, black and red, with a reflective surround for greater visibility at night.

The arm / ankle strap can also be worn on the ankle for walking or during cycling. This helps translate the actions of cycling into "steps" - the unit of measure used by **Activ8rlives.**

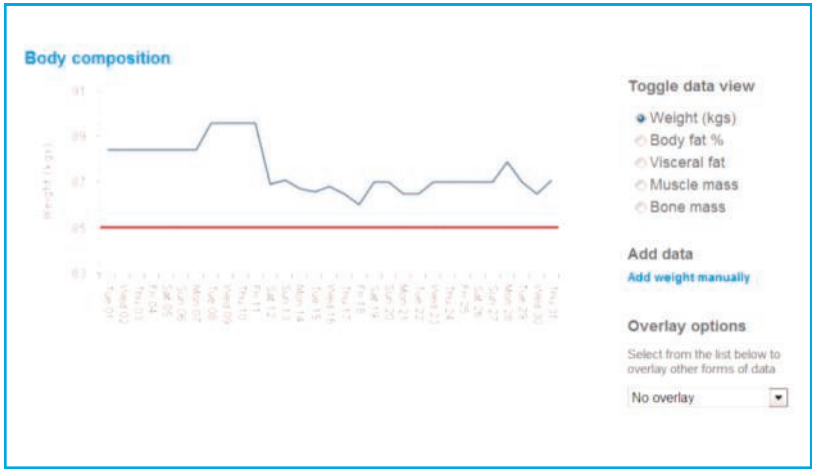
Carry bag

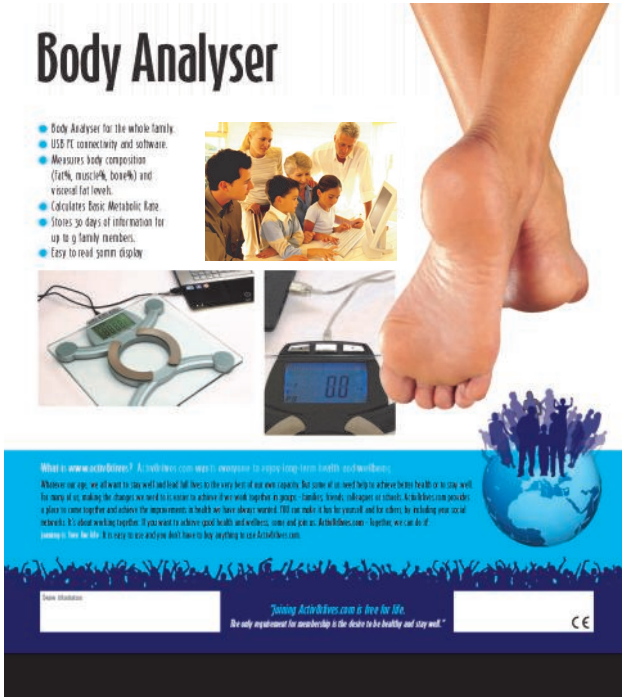
Multi-pocket accessory bags. Available in pink, grey and black.

Beach Bag

Sometimes, nothing but a beach-proof bag is required. **Activ8rlives.com** accessories include a waterproof bag which floats on water to keep your monitor, MP3 player and your phone safe from water and sand. You can even answer the phone while it is in the Beach Bag. Includes neck strap and arm band.

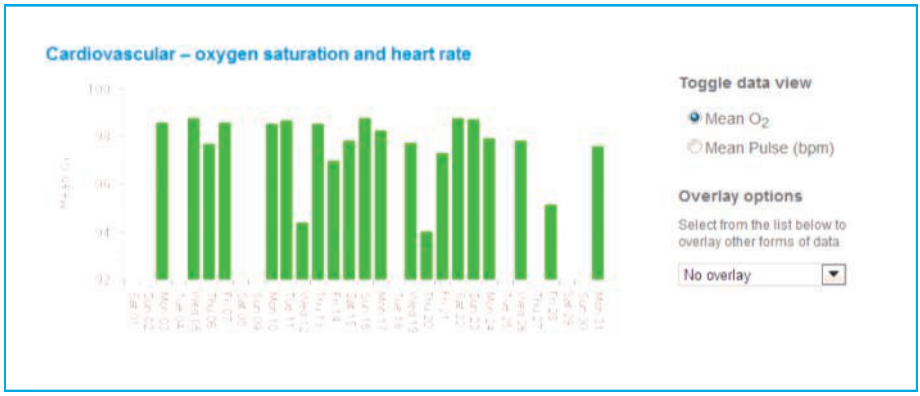
Body Analyser


Body composition
Toggle data view
Weight (kgs)
Body fat %
Visceral fat
Muscle mass
Bone mass
Add data
Add weight manually
Overlay options
Select from the list below to overlay other forms of data
No overlay


Body Analyser
Body Analyser for the whole family
USB PC connectivity and software.
Measures body composition (fat%, muscle%, bone%) and visceral fat levels.
Calculates Basic Metabolic Rate.
Stores 30 days of information for up to 9 family members.
Easy to read 32mm display
"Joining ActiveHives.com is free for life.
The only requirement for membership is the desire to be healthy and stay well."

Cardiovascular health:

Pulse oximeter


Cardiovascular – oxygen saturation and heart rate
Toggle data view
Mean O_2
Mean Pulse (bpm)
Overlay options
Select from the list below to overlay other forms of data
No overlay

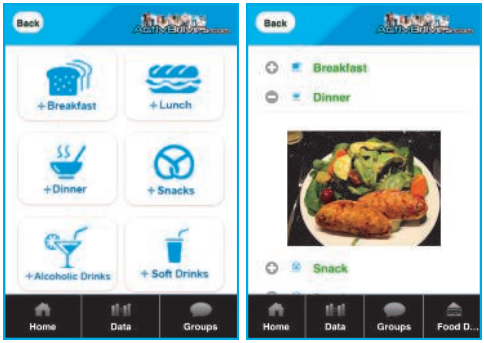
Pulse oximeter

- Measures oxygen saturation.
- Calculates pulse.
- Built-in battery.
- Records directly to the Service Link software.
- Calculates average value over a 2 minute period.

Activ8rlives Food Diary:

FREE Smartphone Apps

Web account



Smartphones

Track your food and liquid intake using our image-based food diary.

- Take pictures of what you eat and drink with your Smartphone.
- Records pictures in your **Activ8rlives** Smartphone food diary.
- SEE what you eat and drink every week.
- Syncs with your **Activ8rlives** on-line account.
- Score everything you consume as a “Good Choice” or a “Bad choice” for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- LEARN how your weight changes when small changes are made to your diet and levels of exercise.
- Join on-line groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.
- Earn medals for being active.

Activ8rlives provides tools to empower changes in behaviour leading to a healthier lifestyle. Being active, eating well and staying healthy.

Make it fun — do it together!
We are more effective when we work in groups.

Being active, eating well and staying healthy.

8 how many ways are you changing?

change 4 life

Eat well. Move more. Live longer.

1 sugar swaps

I'm swapping sugary drinks for water, milk or unsweetened fruit juice.

2 meal time

I'm eating 3 meals a day – including a healthy school lunch.

3 me size meals

I'm eating meals that are the right size for my age – not as big as a grown up's.

4 snack check

Lots of snacks are full of fat, sugar and salt, so I'm eating healthy snacks!

5 5 a day

I'm trying to eat 5 portions of fruit and veg every day.

6 cut back fat

My family are changing how we cook to make our meals more healthy.

7 60 active minutes

I'm spending at least 60 minutes walking, playing sport, running around or playing outside every day.

8 up and about

After I've been sitting still for a while, I'm jumping up and doing something more active.

Want more tips to help you stay healthy and happy?

Search 'Change4Life'

Being active, eating well and staying healthy.

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